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*HOPEWORTH*  
*SANITARIUM*  
*BRISTOL · R · I ·*



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HOPEWORTH

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SANITARIUM  
BRISTOL·R·I.

*W. C. Canfield, M. D.*

*Physician in Charge*







FRONT OF MAIN BUILDING

### Location and Character of Surrounding Country.

Hopeworth lies two miles east of Bristol, a fine example of the typical New England town. Its six thousand inhabitants, for the greater part, live in homes of their own, built close to the broad streets, both sides of which are bordered with stately elms.

Once the fourth largest seaport of the country, the Herreshoffs' yacht building yard is now the sole reminder of its ancient sea activity. Two rubber factories, a cotton and woolen mill are the only other industries; so that, for the greater part, Bristol is as Nature evidently intended it to be—a place of residence.

From Warren, four miles north, the land rising in a rocky ridge, nowhere over three miles in width, stretches south, surrounded upon three of its shores by the waters of Narragansett Bay.

On the west side of the peninsula, Bristol clusters along a land-locked harbor; on the east side lies Hopeworth, just north of historical Mount Hope, the home of the Wampanoags and the death place of their warlike chief, King Philip.

The unsurpassed beauty of Narragansett Bay is too well known to require description here.



FACING THE BAY



The Nervous Invalid, in his wanderings over the face of the earth for a haven of rest, was not slow to discover that the cool, moist sea air, softened by the nearness of the Gulf Stream, here made life for him more endurable; not only in summer, but that the same soothing and warming influences tempered the winter winds and made a residence at that season equally desirable. These were the attractions that called Hopeworth into being in 1883.

#### **Buildings.**

The main building consists of 24 bed-rooms, sitting rooms, rooms for treatment, a spacious airy dining-room, music and billiard room. Of late years we have been obliged to erect tents in the summer, with board floor and furnished as completely as any room in the house. A conservatory 80 feet long connecting with the dining room is used much more for a solarium than for growing flowers. Nearby in the flower garden is a bowling alley and exercise room, and equally near a tennis court and croquet grounds.

A new bath house and observation room has been erected upon the shore. An artesian well and the necessary pumping engine ensure a supply of pure water.

The barn has been increased in size three fold to meet the demands for



ENTRANCE AT HOPEWORTH

additional carriage room, stabling for more horses, and a large herd of Holstein and Jersey cows.

### **Aim and Object.**

In all the construction and appointments of our building we have kept two points constantly in mind. The comfort, convenience, and happiness of the patient, and the avoidance of everything suggestive of the institution, seeking to permeate all with an atmosphere so independent, so restful, and so homelike that Hopeworth would become a *home indeed* for the time being. To further this end, there is an entire absence to all general rules or regulations except that one has due regard for the ordinary amenities of life, and follows the medical directions considered necessary in each individual case for a return to health. We adopted the sanitarium as a means of reaching and scientifically treating the invalid *as an individual*.

### **Methods of Treatment.**

We make use of anything and everything for which we have a scientific reason for believing it will be of service in the individual case before us. Among the methods we constantly employ are massage, medical gymnastics, mechanical vibration, electricity in its chief forms, galvanic, faradic, and static. Hydrother-





DINING ROOM

apy receives a large share of our attention, and we apply it in full tubs, with or without electricity, douches, sprays, packs and rubs, vapors, etc., at varying temperatures.

### **Diet, Care, Etc.**

A large measure of common sense is the guide in the matter of diet at Hopeworth rather than the insistence upon special foods, or special methods, or a continuous analysis which leads to introspection and makes what shall be eaten the main business of the invalid's life.

### **The Rest Cure.**

The Rest Cure, with modifications to suit the individual, is often made use of. In the right case the Rest Cure is productive of the most brilliant results, but many are convinced they stand in need of the Rest Cure when in reality they need the Work Cure.

### **The Work Cure.**

It is not generally known that almost precisely the same nervous symptoms are produced by too little work as by too much. We hear much of *overwork*, but the man or woman who suffers from overwork, pure and simple, is so rare that the dime museums of the country would find difficulty in securing a specimen for



AN INTERIOR



each. Overwork plus worry, plus excitement and dissipation, plus fright, shock or grief, but almost never *overwork alone*. To keep the body at a high standard one should work to become tired; the more tired the better, as long as recuperation takes place during sleep. It is not tire but fatigue that lasts over from day to day, and in the end results in exhaustion. As long as tire and recuperation go hand in hand, nature is kept at her work of repair and the stronger upbuilding of the body. No tire, no recuperation; no recuperation, no additional growth of strength; and the processes of health come to a standstill.

### Amusements.

An effort is made to interest everyone in something. Music, by means of the piano, a large Regina music box and an Edison phonograph enliven the evenings; card playing, billiards, pool and bowling attract many. Bicycling has its opportunities. The bay affords safe sailing, for which a good sized catboat and naphtha launch are provided; also rowing, bathing, fishing, eeling and crabbing. Excursion boats ply in all directions to the various towns and shore resorts upon the bay, where in summer the ubiquitous clam is served with all the "fixins" of the toothsome clambake, for the making of which Rhode Island is so justly



THE BOAT HOUSE



ALONG THE SHORE





THE ELECTRICAL ROOM

celebrated. All enjoy the numerous walks, and horses and carriages can always be had from the stable at reasonable prices for attractive drives in the country about. Good roads add to the pleasure and healthful exercise of the bicycle.

Hopeworth with its lawns, groups of shrubbery, massive forest trees, its stretch of woods, and tangle undergrowth of 30 acres, pond and running brook, furnish a nesting ground for as extensive variety of bird life as can be found in New England. The same holds true of plant life, so that one interested in ornithology or botany has at hand copious material for study, even if unable to go far afield. For one who really finds anything of interest in life beyond his own feelings, sensations, pains and aches, Hopeworth lacks not for material for the pleasurable and healthful occupation of mind and body.

#### Class of Patients.

We receive *no insane* patients, and one may live at Hopeworth, and, returning home, not find clinging to him the stigma of the lunatic asylum. We do receive selected cases of alcoholic and drug addiction, but *no forms of this nor any other disease which would render the sufferer disagreeable to the other members of the family*. In doubtful cases we see the applicant personally before admission, so that one may not fear of meeting those distasteful at the time



THE BOWLING ALLEY



or those one would not wish to recognize afterward. *One's disease is never spoken of in public, and if one does not talk of his symptoms himself, he may come and go without anyone, but physicians, being the wiser or knowing for what he is here.* Alcoholic and drug habitués we receive when convinced of their sincerity of purpose.

### Terms.

It is not easy to state definite rates without some knowledge of the patient, some study of his symptoms, and some idea of his individual needs and requirements. As no two cases are treated alike at Hopeworth, the cost of their care must necessarily differ, and it is upon this cost that we base our charge. All are charged an examination fee of \$10, but this is refunded if the patient remains a full month, and credit given upon the bill rendered for the fifth week.

We have a limited number of rooms at \$15 per week, but this includes only general medical direction. Where patients come for rest and general recuperation, we have rooms at \$15, \$20, \$25, \$30, and suites at \$35 to \$75.

Terms for cases involving treatment range from \$20 per week upward, to include all expenses save that of laundry. From this point the expenses increase as additional medical attention, services of masseur and electrician, and



SOLARIUM

nurses' attendance are required. As a patient improves, less treatment is necessary, the cost is lessened to us, and he receives a corresponding reduction, so that it often happens the initial price being, say, \$50, finally becomes \$20 before the treatment ends.

We are anxious for the rapid recovery of every patient who comes to us; to accomplish this we must have the means and the best of tools for working with, and the cost of these is often necessarily high, but it is often true economy. The chronic invalid needs a thorough overhauling, and a start with an impetus that will keep him moving rapidly toward recovery. To drag along and do without treatment because it is expensive, is often only rolling up a total expense far greater in the end.

It will be noted, then, that one can come to Hopeworth and be at as great or as little expense as his reason dictates or his purse will allow. It is our intention to place the advantages and facilities of Hopeworth within the reach of every individual who is sincere in his efforts to regain his health, and is willing to pay a fair price for the benefits received. All communications will be treated confidentially, and a personal interest will be taken in any arrangement which will conduce to this end.



LILY POND FROM FRONT PIAZZA



### **Routes and Means for Reaching Bristol.**

Bristol is reached via Providence or Fall River. From Providence the electric trains run every hour. A boat leaves Providence for Bristol at 3.00 P. M. From Fall River electric trains leave every hour; or the Bristol boat can be taken at 8.00 A. M.

From Washington, D. C., Pittsburg, Pa., and other points south and west of New York, the Federal Express is most convenient, leaving Washington at 4.20 P. M. and Philadelphia at 7.43 P. M., and reaching Providence, without change, at about 6.00 A. M.

The Providence Line leaves Pier 18, North River, foot of Murray street, at 6.00 P. M., every day except Sundays, in summer.

The Fall River Line leaves the same Pier at 5.00 P. M.

Albany and Worcester is the most direct route from the West.

Our carriage will meet any one at the train when notified as to time of arrival.

Address correspondence to DR. W. C. CANFIELD.

Telephone connection.



TENT LIFE



FARM WORK



CHERRY TREE WALK





